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Abstract

Provided is a method for manufacturing a glass optical element comprising steps of: molding a glass material softened with a molding device which comprises an upper mold having a molding surface and a lower mold having a molding surface so that optically functional surfaces are formed on the glass material by applying a molding pressure, cooling the glass material so that the glass material obtains a predetermined viscosity, and removing the cooled glass material from the molding device, wherein a temperature of the glass material is maintained, in the cooling step, within a range of (Tg+30) to (Tg-50) degree centigrade at least for a predetermined time, and a secondary pressure is applied to the glass material at least during the predetermined time, so that the strain in the glass material is reduced, where Tg represents glass transition temperature of the glass.